

PDQ on L. R. with birthdate in approximately 1965 ??? Our breakout room was #11 This very active runner has unfortunately been admitted due to ongoing pain in her joints.

She relates being admitted rather unexpectedly for more extensive testing so she is unsure as to the outcome and quite concerned how much this all may change her lifestyle. She has always been a very active person and has already lost the ability to continue running and needs to enjoy the outdoors by walking. Many friendships are also tied to her very active life of exercise. It makes her wonder what else she will need to give up.

She also questions if any increased dependency may be short term or even long-term. How much will her mobility and use of hands be affected in the months and years ahead. In her family she had been someone others have been able to depend on. Her husband, her children and her grandchild are so very important to her. In face of these uncertainties she copes by remembering that she has been strong in facing adversity in the past; she can use spiritual practices like mindfulness. Also health care practitioners can help her through this time by giving information very clearly and checking in if she needs more explanations. Receiving information helps her cope.